



***FREE 6-week fitness program for all abilities
with the Elk Grove Police Department***

Fly Fit buddies up Elk Grove Police Officers and City of Elk Grove staff as coaches/mentors with individuals with developmental disabilities (ages 5 – over) to learn about each other and build community bonds through fitness.

Fitness trainers and volunteers:
AMPT Fitness and Visions in Motion

Parents/staff/caregivers/chaperones must remain on-site during the program and are welcome to workout if they wish to.

Please wear appropriate clothing/shoes and bring a water bottle.

Registration - Packet Pick Up

Will be held on **September 22, 2021**, from
5 pm - 7 pm,
at **Visions in Motion**
8915 Emerald Park Dr, Elk Grove, CA 95624.

Oasis Park
8015 Poppy Ridge
Way
Elk Grove, CA

6 PM – 7 PM

WEDNESDAY
EVENINGS

SEPTEMBER 29TH
OCTOBER 6TH
OCTOBER 13TH
OCTOBER 20TH
OCTOBER 27TH
NOVEMBER 3RD

TO PRE-REGISTER,
CLICK HERE.

FOR QUESTIONS:

Email Vanessa Bieker at
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www.flybrave.org